

Diese Abteilung ist für die Familienglieder, welche am liebsten Deutsch lesen.

Vorbereitungen für den zweiten Winter im Felde.

Der Kriegsberichterstatter des „Frank. Kuriers“ schreibt von der Westfront:

Wenn dabei die Schneeflocken durch die Straßen fliegen, dann denken gewiß Millionen an unsere braven Soldaten vorn im Schützengraben; sie denken besorgter an sie als in den Tagen des warmen Sommers. Ihnen darf man die Verhütung geben, daß unsere Soldaten noch besser als vor Jahresfrist gegen die Unbilden der Witterung geschützt in den zweiten Winterfeldzug gehen. Die Erfahrungen des ersten Winterfeldzuges, für den Deutschland schon mühsamer als sonst war, haben allen leitenden Stellen des deutschen Heeres Winke gegeben, wie man es den Soldaten in den vordersten Stellungen noch leichter und erträglicher machen könne, einen harten Winter zu ertragen.

Die Kleidung der Soldaten, d. h. der Stoff, aus dem die Uniformen verfertigt sind, hat sich schon im vorigen Winter als vollkommen einwandfrei erwiesen. Auch mit dem Schuhwerk war man ganz zufrieden, und wenn der Soldat über den warmen Wollboden noch Papierflocken trug, war er auch gegen feigere Kälte geschützt. Auch Papierflocken haben sich in den strengen Kälteperioden als sehr vorteilhaft erwiesen. Anie, Ohren- und Pulsmäntel hat man fädeln gelernt, und die Schneehauben fehlen wohl keinem Soldaten. Im Gegenteil, mancher von ihnen war mit Wollzeug allzu reichlich versehen und konnte den Kameraden, denen es an dem und jenem fehlte, ausbellen. Beim Eintritt der kalten Witterung hat in diesem Winter jeder Mann von der Militärverwaltung zwei warme Decken, zu denen sich in den meisten Fällen eine eigene Decke, häufig eine Liebesgabe, gefolgt, erhalten.

Für die Versorgung der Truppen mit warmen Kleidern, Wintervorräten usw. konnte rechtzeitig und rascher als im Vorjahr gesorgt werden, da ja die Transportmittel seit einem Jahr viel umfangreicher geworden sind. Was im Vorjahr manchmal noch mit Kraftwagen an die Front gebracht werden mußte, geht jetzt mit Güterwagen hin, die sich manchmal schon eines Schnellzugtempo rühmen können. Bereits im September haben die einzelnen Korpsintendanturen mit der Lieferung der meisten für den Winter notwendigen Gegenstände begonnen. Für ein Korps in Flandern, bei dem ich mich damals aufhielt, wurden tausende von kleinen und großen Decken mit vielen tausend von Dornrosen und Dornrosen, Zerkowen, Depotbetten, Koppolier, zahlreiche Britischen und einfache Betten für jeden Mann ein Strohhalm und zwei wolle Decken verteilt. Im Bau von Unterständen und Baracken hat man es zu einem hohen Grad gebracht. Die Unterstände sind wohlisch und nett eingerichtet, oft mit Strohhalm auf dem Fußboden und mit Holzverkleidungen an den Wänden versehen. Wenn man im vorigen Herbst einen Dienstrichter holte man ein paar Eisenstücke von einem Gitter; aus diesen und Holzstücken wurden dann Betten errichtet. Der Nachschub wurde durch ein Erdloch hinausgezogen. Jetzt nimmt ein regelrechter Ofen die Stelle dieser unzulänglichen Aufheizung ein. Die Räume sind trocken und licht, wo das Tageslicht zuzuführen unmöglich ist, hat man für eine gute, künstliche Beleuchtung gesorgt. In vielen Gräben befindet sich, in unmittelbarer Nähe des Feindes, elektrische Beleuchtung. Wo diese nicht einzurichten war, verfertigte man sich mit Lampen oder Laternen. Für die Entwässerung von Gräben steht eine große Anzahl von Pumpen zur Verfügung.

Durch sanitäre Einrichtungen, die geschaffen wurden, ist so gut wie ausgeschlossen, daß irgend welche typhöse Erkrankungen unter den oft im engen Raum und in größerer Anzahl zusammenwohnenden Truppen entstehen könnten. Es hat einen großen Wert für die Gräben und Waldlager wohnenden Soldaten, wenn sie mit allem versehen sind, was sie zur Reinlichkeit benötigen. Reinlichkeit ist auch in diesem Kriege Gesundheit. Ein Korps, das für seine Leute als erste Klasse 15.500 blecherne Badbecken, 1500 Waschlappen, 22.000 Sandtücher, 5700 Wasserkrüge, 4300 Wollentwerfer, 2300 Seifen, 700 Fußbodenreiner, aufzubereit, hält etwas an sich.

Der zweite Winter im Felde hat für unsere Mannschaften nun viel geringere Schrecken als der erste. Deshalb ist es auch, wo immer man mit den Soldaten spricht, ihre volle Ueberzeugung, sie würden auch den zweiten Winter voll durchhalten wie den ersten, und daß er weniger Opfer fordern werde als der im vorigen Jahr.

„Abrüstung nach dem Kriege“ ist ein vortrefflicher Gedanke, aber wird den Sieger dazu zwingen können?

Die große anti-deutsche Koalition dem Zusammenbruch nahe.

Der Abzug der britischen Truppen von der Halbinsel Gallipoli, welche die reinste Massengradhütte für die Alliierten geworden ist, kann jedenfalls als ein vorbereitender Schritt für eine fräftige Bewegung der vorstehenden großen türkischen Expedition nach Egypten angesehen werden. Denn in kurzer Zeit wird England am Suez-Kanal und in Egypten um seine Weltbeherrschung kämpfen müssen. Die britische Seeleitung weiß ganz genau, daß sie diesen großen Kampf nicht durch einen erneuten Vorstoß in Mesopotamien gewinnen, um die Bahnverbindung zwischen den Zentralmächten und Konstantinopel wieder zu unterbinden, verhindern kann. Denn das Material, welches die türkische Armee für den Feldzug nach Egypten braucht, wird sich längst schon auf dem Wege nach Syrien befinden, wo Feldmarschall von der Goltz, der Oberkommandierende der türkischen Ägypten-Armee, sein Hauptquartier aufgeschlagen hat, ehe die Alliierten genug Truppen in Saloniki gelandet und die vereinigten deutschen, österreichischen und bulgarischen Armeen bis an die Orientbahn zurückgedrängt haben können, wenn jenes überhand im Bereich der Möglichkeit liegen sollte. Und überdies wird kaum seine Truppen in Eile weiter ausbauen, so daß die türkische Armee in wenigen Monaten nicht mehr auf Waffen- und Munitionslieferungen aus Deutschland und Österreich-Ungarn angewiesen sein wird.

Am Suez-Kanal und in Egypten wird England um seine Weltmachtstellung kämpfen müssen, und — allein! Dieser Zeitpunkt liegt nicht mehr fern, und es wird der Zeitpunkt sein, wenn es in den Kreisen der Alliierten heißen wird: „Nehmet für sich selber!“ Frankreich in Frankreich; Italien in Italien und in Tripoli; Rußland in Rußland. Und wenn dann einigermassen annehmbare Friedensbedingungen von den Zentralmächten erlangt sind, wird darnach haften. Die von England aufgebaute große Koalition gegen Deutschland nähert sich schnell dem Zusammenbruch. Eine erneute erfolgreiche deutsche Offensive in Frankreich und Rußland muß ihn beschleunigen.

Grundlose Verdächtigung gegen deutsche Geandtschaft.

Nachdem dies kürzlich seitens der deutschen Regierung geschähen ist, weißt jetzt auch die deutsche Geandtschaft in Washington irgendwelche Kenntnis von dem Komplotz. Zu dieser Verleumdung erklärte kategorisch, seine Kenntnisse von Unrichtigkeit der Komplotz zur Verächtlichmachung der Zentralmächte in der Vereinigten Staaten oder zur Verhinderung von Munitionsversorgung an die Alliierten zu haben oder jemals gehabt zu haben.

In Bezug auf den als Basis der Anschuldigungen dienenden Umstand, daß Kapitän von Ed stets große Summen zur Verfügung hatte, konstatierte man in der Verleumdung, daß ihm als Marine-Attache die Auszahlungen an Offiziere und Mannschaften von allen in Nord- und Südamerika internierten Kriegsschiffen unterhand.

Ein Mitglied der Verleumdung sagte dieselbe heiße eine gründliche Untersuchung der umlaufenden Anschuldigungen und Verdächtigungen nur willkommen, da sich dann herausstellen werde, daß ihnen ausschließlich Verleumdungen und Mißverständnisse vollkommen legitimer Handlungen zu Grunde liegen. „Es war es auch in den Fällen von Ed und von Papen“, fügte er hinzu. „Beweise gegen dieselben wurden nicht vorgebracht, im Gegenteil wurde nur von „Verdachtsgründen“ geredet.“

Ueber 200,000 Kanadier im britischen Seere.

Wie stark Kanada durch die englische Rekrutierung in Anspruch genommen wird, beweist der Bericht aus Ottawa, Ont., daß die Gesamtzahl aller Soldaten, die sich seit Ausbruch des Krieges in die Reihen britischer Kämpfer gestellt, jetzt über 205.000 beträgt. Ontario hat 77.000, Manitoba und Saskatchewan 37.000, Quebec 24.000, Alberta 21.000, die Seeprovinzen 20.000 und British Columbia ebenfalls 20.000 Mann gestellt. Auf je 39 Bewohner des Landes kommt ein Durchsichtiger ein Rekrut. Der Vaterland tut sich selbst nicht soviel an im Kampfe für die europäische Zivilisation. Dafür sendet es die Blüte der Kolonien auf die Schlachtbank. Ein solcher Verlaß hält die Kolonien immer hübsch unter der englischen Botmäßigkeit und dient doch gleichzeitig auch den Selbstinteressen des perfiden Albion im Kampfe gegen andere Länder. Gegen jede Vermutung ist es, daß sich die Bevölkerung der Kolonien bereit finden läßt für Angelegenheiten, die sie selbst weder interessieren noch nützen können, Gut und Blut einzusetzen.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

Jan. 17, 1915. Allies took German trenches in Belgium and closed in on Lille. Russians took Kirlibaba pass in Bukowina and pushed along right bank of Vistula. Germans were pushed back on Plotsk. Turkish corps was cut to pieces in the Caucasus. Antiwar demonstration in Vienna; Czech editor executed for treason.

Jan 18, 1915. Fierce fighting took place at La Boisselle. Germans occupied Kielce and Russians fell back to Radom. Plotsk evacuated by the Germans. Paris darkened at night by police order.

Jan. 19, 1915. French advanced in attempt to cut off St. Mihiel. German airships dropped bombs on Ya'mouth, King's Lynn, and other English towns, killing four persons. French in forest of Le Pretre within ten miles of Metz. Austrian army flanked by Russians in Bukowina.

Jan. 20, 1915. British troops captured Freylingen. Russians drove back Austrians in Hungary and marched on Jacobeni. Dutch naval patrol boat sunk by mine, five men drowned. Governor of Cracow ordered partial evacuation of the city.

Jan. 21, 1915. Germans repulsed in the Ardennes woods by French and Belgians. French retook trenches at Notre Dame de Lorette. Germans retook the forest of Le Pretre. Russians renewed their offensive against Milawa. Austrians routed Russians from intrenchments along the Donajec. German cruiser Karlsruhe reported off Porto Rico. Allied airmen dropped bombs on Essen.

Jan. 22, 1915. Fierce fighting in Hartmannswillerkopf region. New Russian army neared Prussian border. Russian invasion of Hungary was halted. German submarine sank British Steamer Durward. Maj. Gen. Sam Hughes began enlisting third Canadian contingent. Russia ordered expulsion of Austrian and German subjects.

Jan. 23, 1915. German troops were massed in Hungary. Russians made further advance in the north. German airmen dropped bombs on Dunkirk. Mme. Grouitch came to America seeking seeds for Serbians. Germans renewed their activity near Ypres and bombarded left wing of allies. Severe battle in the Argonne region. German supply ship was sunk by Australian cruiser. Italian vice-consul at Liege dismissed by Germans for aiding Belgians.

TAKEN FROM EXCHANGES

In Sweden a mile is 11,690 yards. Scotland has the longest bridge in the world—the Tay, two miles and 70 yards in length.

It is said that a humming bird when stripped of its feathers is no larger than a bumble bee. A duster made of cheesecloth, soaked in turpentine and then dried, will accumulate dust instead of scattering it.

The Cape Cod canal is now restricted to boats of less than 18 feet draft, but it will soon be deepened to a 35-foot waterway. A Russian inventor claims to have perfected a motor that can safely utilize electricity drawn from storm clouds.

A partitioned gravy dish has been invented that permits fat gravy to be poured from one side and lean from the other.

The governments of both Denmark and Sweden are investigating a recent discovery of coal on the island of Bornholm, a Danish possession close to the Swedish coast.

So that bicyclists will not have to wear trouser guards a North Carolina has invented a large disk to be attached to the outside of the forward sprocket of a wheel.

The needless infantile death rate owing to neglect and ignorance costs this country \$3,000,000 a day. One of the famous carillons of Flanders, a magnificent chime of bells, has been transferred to the English village of Cattistock, where great interest is taken in the frequent concerts for which use is made of them.

The fossil of an elephant that is being excavated from a gravel bed near Chatham, England, is declared to have supported the carcasses of an "elephas antiquus" of the early pleistocene period, a puny little runt of a beast but a trifle larger than a mammoth.

Ornamental handkerchiefs formerly were worn in the hat by gentlemen as tokens.

Gypsum, which of late years has been supplanting lime in cement, can hardly be considered a modern building material. Investigations having proved that the pyramid of Cheops was stuck together in places with generous dabs of it some 6,000 years ago.

For many years thrown into the sea as worthless, a low grade Cuban molasses is being exported to the United States in increasing quantities for use in road building, distilling and other purposes.

SHOULD BE OFTEN ON TABLE

Apples May Be Served in So Many Ways That It Will Be Long Before They Fall. Apples served raw should be ripe if they have come from the market they should be washed before being served. Pared and sliced apples may be kept from discoloring by putting them into a salt solution, one level tablespoonful of salt to three pints of cold water. Fine-flavored, fresh apples are not improved in cooking by the use of cinnamon or other condiments. To make "bird's nest," fill a pie tin which has perpendicular sides, with apples cored and cut into eighths. Add a very little water, cover with a biscuit crust, and bake 25 minutes, or until the apples are tender. When baked, turn the crust side down on a large platter, sprinkle with sugar and serve with cream. For apple sauce, prepare apples as for bird's nest, place in an acid-proof saucepan with a small amount of water and cook until tender but not mushy. Add small amount of sugar, continue the cooking for a minute or two, and then remove and allow to cool.

DO DRY CLEANING AT HOME

Satisfactory Results May Be Obtained Without the Expense of Professional Services. Make a stock solution of eight ounces strong ammonia, one-half ounce chloroform and one-half ounce ether. Cork tightly and keep away from the face, says the Scientific American. Dissolve one bar of naphtha soap in three gallons hot water, add one-half teaspoonful each of baking soda, salt and alum and three tablespoonfuls of the ammonia-chloroform-ether mixture. To clean oriental or other rugs to their original brightness make a lather and dip a brush in it, shaking out superfluous water. Go over the rug with this brush and the lather dries out almost immediately. No harm whatever is done to the best oriental rug. To sponge spots from clothing, even delicate silk, and upholstery, dip a soft sponge in the lather, wring as dry as possible and sponge off the spot. To wash sweaters, blankets or other flannels let the mixture become nearly cold, soak the garments in it half an hour or less, squeeze dry, rinse in clear water, squeeze dry and hang up. The various ingredients used not only remove grease and dirt but set and brighten colors.

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothered You—Meat Forms Uric Acid. Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation. The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

CLING TO ANCIENT CUSTOM

Incident That Shows How Englishmen Are Opposed to Anything That Savors of Innovation. Sir Henry Lucy, the "Toby, M. P." of Punch, in a recent communication to the New York Sun, relates an incident that shows how closely interwoven with the present are the traditions of the past in England. He writes: "Walking home along the Mall a little after eleven o'clock last night, I happened on a picturesque sight. A corporal's guard of khaki-clad men, with rifles on their shoulders, advanced at the quick march. There was nothing unusual about that, as men in khaki, whether singly or in groups or battalions, throng the streets throughout the liveliest day. What struck the eye was the fact that the noncommissioned officer in charge of the little group swung in his right hand a lantern, from the center of which dimly shone a tallow candle. The men formed the guard proceeding to undertake night duty at St. James' palace.

Boiled Potatoes With Onion Sauce.

Boiled potatoes in their jackets with bacon and onion sauce. The potatoes are cooked soft in boiling water and sent to table smoking hot, still in their skins, with a bit of salt sprinkled over them. Each person peels his own potato and eats it with this sauce. Get half a pound of smoked bacon, not too fat, remove the rind and chop into small dice; fry until they begin to crisp, then add an equal amount of chopped onion, mix and cook slowly, stirring occasionally until the onion is a fine yellow color, but not to blacken. Serve hot in gravy boat. It has a delicious flavor and is not as indigestible as it sounds.

Cocoa Cake.

Here is a very inexpensive cake which is original with me. It is very moist and never fails. Put into your sieve one cupful sugar, one and one-half cupfuls flour, two level teaspoonfuls baking powder (or one-half teaspoonful soda, one teaspoonful cream of tartar), one teaspoonful cinnamon, one-half teaspoonful cloves, one-half teaspoonful salt. Sift all this into your mixing bowl. Break in one egg. Add three tablespoonfuls melted butter, also two-thirds cupful warm water (not boiling) and a teaspoonful vanilla. Beat well. Bake rather slowly. Frost when cool with white frosting.

Household Help.

A good idea is a list of all jellies and preserves either in the kitchen or fruit closet where it may be added to or checked as preserves are made or used. In making suet pudding if you grind the suet and steam the pudding in a tube pan it will be infinitely improved. Homemade pistachio flavor is made in the following way: Tie in muslin a handful of bruised peach leaves, cover with either water or milk, and let stand to absorb the flavor. Either milk or water in quantity to use in the cake or dish you wish flavored.

Fancy Touch on Ice Cream.

Instead of ordering expensive frozen desserts from the caterer, the economical hostess can have plain ice cream delivered for use in lining her melon mold. She can then prepare her own filling of mixed branched fruits, whipped cream with chopped nuts or pounded macaroons, chocolate russe mixture, or any preferred combination. The mold is then re-packed in the pail of ice and salt in which the plain ice cream was delivered and unmolded when ready to serve.

Neatness in Buffet Drawer.

Bleached cotton flannel is used to make these handy knife and fork cases. Bind them with blue ribbon and use the same ribbon for tying the cases when rolled up. Stitch places for a dozen knives. The outline "Knives" and "Forks" may be done in blue also on the cases. A case like this will add much to the tidiness of buffet drawers.

Grind the Pork With Beans.

If one is not fond of pork baked in beans it is better to grind the pork up in a food chopper and add to beans after they are parboiled. It will season the beans better and there will be no pork to be left over.

Raw Carrots.

Take nice, fresh, crisp carrots, scrape and put through a food chopper, using the coarse knife. To each pint of carrots add two tablespoonfuls melted butter, one teaspoonful sugar and salt to taste.

WHY THE MAID LEFT

Old Couple Really Couldn't Get Used to Her. Pa and Ma Jenkins, Being Just Ordinary Folk, the Pressure of the Third Party Was Altogether Too Much. "Say, Ma," said Pa Jenkins the other morning, "what do you say to us keeping a hired girl?" "Now, whatever made you think of that, Pa?" exclaimed Ma. "Not that I wouldn't mind for a change—it would be a rest, but for just us two—" "Well, we'll get one," declared Pa, with a flourish of his knife, before he descended upon the ham and eggs. "I just hate to see you getting down so early these cold dark mornings to get a big breakfast for me. And we're getting old enough to be waited on—" "Yes, and everybody else in the neighborhood has a maid," supplemented Ma. "I know some of the ladies look down on me because I do my own work." So the Jenkinsons got a maid for the sum of \$6 per week, every other Sunday and Thursday out and the washing done out. Oh, yes, her caps and aprons for waiting on the door and serving company were also to be furnished by her employer. She assured Ma that this was done in the best of families, and that she had worked in none other.

After showing the "help" about the house and instructing her in her duties, Ma sat down in the big rocking chair, folded her hands and sighed with content. "Now," she thought, "I'll get some sewing done, and I can pay up the calls I owe and I won't have to feel there's nobody to answer the door when I'm out. I do hope she's a good cook—Pa's so particular." Ma resolutely kept away from the kitchen during the preparations for dinner. She had given her orders and determined to let the maid show what she could do. Besides, she agreed with Pa that she'd been a slave to the cook stove long enough, and it was time for her to take a rest.

Well, the dinner was prettily served and the cooking was reasonably good. Nobody had any complaint to make. But neither Ma nor Pa acted natural. Pa began to tuck his napkin in his collar, then, catching the maid's eye, he carefully laid it over one knee, as is done in polite society. And thereafter he refrained from putting his elbows on the table, as he was wont to do in waiting for Ma to bring the next dish.

Ma found herself opening her mouth and then shutting it hastily before she started to tell bits of the day's happenings, as was her custom—much to Pa's enjoyment. There was something lacking, something uncomfortable, about that evening meal, and they hurried through it so the maid could get her work done—instead of dawdling as usual.

"Anyway," said Pa, afterward, as he sprawled in his easy chair, "you don't have to waste your time washing dishes now. Say, does she know she's got to get up early?" "Yes, I put the alarm clock in her room and she's got it set all right," answered Ma. "I think she's real capable. We can sleep a little later now."

But Ma almost forgot and was turning out at the usual time next morning when Pa reminded her. The breakfast was all right, except that Ma was yawny and kind of cross and Pa didn't spring any of his jokes. He was too busy eating his grapefruit the right way. They hurried through the meal again, and Pa couldn't spend his last moments in the kitchen with Ma as per custom, so he almost for-

gotten to kiss her good-by as he hustled out the front door. So it went for a full month. Then, one evening, Pa came home to a maidless house. "Susie's day off?" he queried. "Yes, for keeps," stated Ma with decision. "Pa, I just couldn't stand it any more. We couldn't either of us be natural, and we were afraid to say anything above a whisper for fear she'd hear, and we just couldn't be private and—and—Pa, I just did miss the cooking something awful. And it just seemed as if the meals couldn't agree with you if I didn't fix them myself. She's a pretty cook, though nothing fancy—" "Nothing tasted right," declared Pa, "though there wasn't anything I could really find fault with."

"That's just it," exclaimed Ma. "I just couldn't find fault with her so it must a been us. We just couldn't abide a strange party in our home all the time, and I was just lost without my regular work. Oh, Pa, you don't know how I missed getting up mornings and fixing your breakfast the way you liked it!" "And I haven't dared to hug you like this for a month," quoth Pa, demonstrating. "It seemed too public."—Philadelphia Bulletin.

Difficult Commission. "I kinda hate to do errands for the home folks when I go to Kansas City," confessed a citizen of Petunia. "The other day, after I had taken my seat in the train, a neighbor came tearing to the depot and hollered at me till I opened the car window. He wanted me to fetch back half a dozen small china nest eggs for the use of his hens and half a dozen big china eggs for his geese. He had forgotten to bring samples with him, but held up his hands as the train started and yelled to me that the little ones were about this long—spreading the thumb and forefinger of his left hand apart—and the big ones this size—spreading the same two fingers on his right hand—and shouted that if I'd hold my hands that way until I got the eggs I couldn't make a mistake. Now, let me ask you, how would I have looked hunting all over Kansas City for an artificial egg store with my hands held out in front of me in that style, especially as I had a sore thumb and a suitcase to carry?"—Kansas City Star.

What He Was. "I'm afraid, Rastus, that you are something of a pessimist." "Pessimist? No, suh, I ain't no pessimist. I see an opposumist."

And He Still Lives. She—"I used to think that macaroni was a stalk that grew in the garden." He—"What a macaronious idea."

“HEALTH” THE WATCHWORD

This Really Means, PERFECT DIGESTION AND ASSIMILATION OF FOOD LIVER ACTIVITY BOWEL REGULARITY RICH, RED BLOOD — TRY —

HOSTETTER'S Stomach Bitters

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Swamped

When a man's efficiency is on the decline—when after a long day of effort the mass of work still stares him in the face—it's time to find out what's wrong. Frequently a lack of certain necessary nutritive elements, in the daily diet, lessens mental and physical activity. A prime factor in efficiency is right feeding.

No food supplies, in such splendid proportion, all the rich nourishment of the field grains, for keeping the mental and physical forces upbuilt and in trim, as

Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies the vital mineral salts, often lacking in the ordinary daily diet, but imperative in building sturdy mental, physical and nervous energy.

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